

Cottage Courier

October—November 2022



Welcome to our October/November Cottage Courier it has been a very busy couple of months with activities held for Mental Health month in October and outings for both programs and not to mention the arts, crafts, games and fun we have all been having. A favorite day for me was attending the Carers Luncheon at Mt Annan Botanical Gardens, we enjoyed a lovely BBQ, games and wonderful company thank you for allowing me to be part of the day.

We are working on the development of a new **Myrtle Cottage** website and planning to launch it early February 2023. So, if you see us walking around with the camera smile and who knows where your face might end up. Keeping in mind with the new website we are after testimonials for the page and it would be great if you can write in to info@myrtlecottage.org.au or send a note along with your loved one.

With December being the start of summer remember to drink plenty of water, wear a sun hat and sun screen when you are out and about.

Enjoy the holiday season and stay safe until next time.

Kylie



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Disclaimer: Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.

Elizabeth's Exciting Edit

Manager's Report



Hi all,

It is very hectic at this time of year and 2022 is not proving to be any different. After a long interruption, a week ago we celebrated the **Volunteer Christmas party**. It was a wonderful opportunity for our volunteers to get together and reminisce with friends about a most eventful year.

We have resumed also attending a number of Café Connect events in partnership with Camden Council to promote our services and provide information for our local communities. These days are well attended. It is very encouraging getting back out there to talk about the Cottage and network with other providers, particularly in view of the upcoming reforms to Aged Care services.

Now we are planning to commence our end of year activities, with Christmas Parties planned for each day next week and getting ready for our closing down period from 21st December to 2nd January 2023.

I also enjoyed myself greatly while attending the **Cares' Week BBQ** held at **Mt Annan Botanic Gardens** in October. It was so nice to spend the day surrounded by such a beautiful group of people! Thank you for having me helping along.

Hope you all enjoy the festive season and will see you all again in the New Year!

Look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager



DONATIONS & BEQUESTS

Make a gift to be remembered for all time.

There's no more generous contribution you can make to others and your community than to leave a gift in your Will. All funds from these gifts go towards enhancing the services our members rely on.

A bequest to Myrtle Cottage is an invaluable gift which will ensure we can continue to provide the great service we are known for.

Every year the money we receive from generous donors like you helps us to ensure we provide the best services for people to come together, have fun while maintaining skills to live independently.

We would like you to consider a bequest to Myrtle Cottage. If you require further information

on how to make a bequest, please contact the Manager of Myrtle Cottage on (02) 9426-3100.

The following is a sample of the correct wording to be included in your will to ensure that your bequest is received by Myrtle Cottage Group:

I give to Myrtle Cottage Group Inc. (ABN 74 489 511 308):

- *The rest and residue of my Estate or*
- *_____ percent of my Estate or*
- *_____ percent of the residue of my Estate or*
- *The sum of \$ _____*

free of all duties and testamentary expenses for its general purposes and I direct that the receipt of that organization shall be sufficient discharge to my executors for this bequest.

Ageing & Disability



Jo-Anne, Sarah, Cris, Natalie & Connie

Please Note: The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Hello everyone,

I hope you are all doing well.

I would like to welcome Paulette B, Alexis T, Barbara B, Helen R, Merlita V, Aytekin T, Grace F, Janice B and Carl C, who joined the Cottage as new members for DT, NDIS and the Recreational program.

It has been a busy few months here at the Cottage. We had Michaela from Hearing Australia present information about general hearing loss and how to access government-funded hearing services. Michaela conducted hearing tests for our members, volunteers and staff. Thank you, Michaela.

DT members, staff and volunteers dressed up for Halloween. We took many photos and shared lollies and chocolates with everyone. Congratulations to all winners on Melbourne Cup Day! On this day, members and volunteers also learned the new skill of making paper flowers. Thank you, Natalie, for facilitating this activity.

We also celebrated International Tongue Twister Day where members had fun reciting tongue twisters, while on Remembrance Day we observed a minute silence in honor of all soldiers from all wars and watched the ceremony on the big screen. Members have been going on outings including: Appin Pub, Crossroads Hotel, West Leagues Leumeah, Marconi Club



and Ingleburn Bowling Club. Now that the weather is warming up, members have started going outdoors and have had picnics at Napean Dam and Mt Annan Botanical Garden.

I would like to congratulate the members who won the first monthly raffle, month of October: Faris-Monday, Christine L - Tuesday, Grant-Wednesday, June-Thursday and Des-Friday. Thank you very much to everyone who bought tickets.

Stay safe and healthy everyone! ☺

Cris and DT Team



Melbourne Cup and Flower making



Group activities



Bell Program



Please Note: The Bell Program operates Monday, Tuesday, Wednesday and Friday for Campbelltown, Wednesday and Thursday for Camden. This program is specifically designed for people with Dementia. The article below relates to this only.

Hi everyone,

It has been a very busy few months, lots of outings.

Carers Week Event: what a great day at the Botanical Gardens. Elizabeth and I started the cooking but it wasn't long before members and carers came to help, the meal was lovely and enjoyed by all. For program staff and myself the best part of the day is seeing carers interacting with each other and celebrating with them as they do such a great job. Elaine Farrier once again made some awesome gifts for everyone, we also had some lucky door prizes.

We had our **2022 AGM** and the **Volunteers Christmas Party**, I am sure you will see many photos in other reports.

We are all now planning our Members and Carers Christmas parties. Bell members will be joining the DT program for the entertainment we have organised.

All Bell Carers Christmas party invitations have been sent out.

Bye for now

Christine Turner



Do you know a volunteer who deserves
recognition for the work they do?
Volunteer Nomination forms are in the
foyer information carousel



Dementia: Fact Sheet

Delirium and dementia

Delirium is a serious acute medical condition whereby a person's mental ability is affected. It develops over a short period of time (usually within hours or days) and symptoms tend to fluctuate throughout the day.

How does a delirium present?

Delirium makes it difficult for a person to pay attention or focus. This means that the person is unable to think clearly and may not be able to answer questions or follow a conversation. A person who has delirium will have difficulty understanding what is going on around them, sometimes causing them to hallucinate or become paranoid.

What causes delirium?

Delirium is most commonly due to a medical cause including severe illness, constipation, dehydration, infection, pain, drug effect or withdrawal (especially alcohol and sedative drugs).

How is a delirium managed?

(Find and treat the cause)

Non-drug management strategies (recommended best practice.

Family visits: it is reassuring and calming for a person with delirium to have family or familiar people around. Ensure that the person with delirium is well hydrated and nourished • Sleep enhancement strategies: including relaxation music.

Drug management strategies People with delirium can often be fearful or feel threatened. They may hallucinate and/or delusions which cause them distress. If the person is distressed or at risk of harming themselves or others, medication is sometimes used. However, routine or continued use of these medications is not recommended and may be harmful for some people, for instance, those with Lewy body disease.

This sheet is provided for your information only, and does not represent an endorsement of any assessment or treatment by Dementia Australia. This sheet was written by Judy M

Further Information Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on 1800 100 500, or visit our website at dementia.org.au

Donations

Donations: Hawker Foundation \$2,500; Kath W \$90; Linda P \$60; Milagros T \$50; Irene R \$40; Anita B \$20; Nasima \$15; Cris V \$10; Ann G \$10

Received:

Remember all donations over \$2 are tax deductible.

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



Please Note: The Recreation Program operates Friday & every Saturday for people aged 18 to 65 years with a disability. The article below relates to this only

Hi all,

We hope everyone is doing well.

We have all been loving our freedom getting out and about with some of our friends. Our plant people came out of the wood work as soon as **Flower Power** was mentioned. We all went exploring for plants, fertilizer and presents for loved ones.

Spring Market at Minto Gardens, the weather was perfect, we ran into quite a few family members that stopped and spent some time with us. **C91.3FM** gave away some prizes, chocolate and junk food. We spent time talking with them and also had a photo with the staff. Looking forward to next year's turn out.

Fisher Ghost 60th Art Award, what a relaxing day to be out. It was a perfect day to go to a museum. We checked out the art "as if we know how to paint any way, ha ha." Everyone enjoyed the day.



Flower Power Mt Annan

ABCOE at Leumeah had us all saving a few dollars as long as you know your prices. Different items for sale each and every time we go, so there is always something for everyone. Some of us bought chocolate, biscuits, drinks and honey.

Lunch for that day was at Wests Country Club, that's always popular with the members.



We were all excited to get back to **Moorebank Sports Club** as its always a popular venue we like to get back to. It was a shame that **Pete the Goat** is no longer out the back with the other animals we once visited.

Link up to Linkline



Nasima

Please Note: The Linkline Program operates Monday to Friday at allocated times. The article below relates to this only

Dear Linkline members,

Welcome to the October-November Newsletter. Can you believe this year is almost over!!! We have been concerned how will we cope with the post COVID changed circumstances!!! Here we are, we are rolling!!!

It has been a challenging year, no doubt about it, and all of us had to go through a lot to survive through the tough time. But look, we are here, we made it. Let us celebrate our success and recognise the struggle we have been through. Be kind to yourselves, give yourselves a break. Christmas can be a bit stressful sometimes as it may involve lot of arrangements, spending, expectation of family and friends, and many more depending on the situation of different individual.

Understanding your own need and want helps a lot to cope. You may prepare yourself by planning ahead, you may like to talk to someone you feel comfortable with. Lots of food revolves around Christmas and which is very tempting, but we all need to be aware of our dietary requirements and health conditions. Please look after your meals with

healthy options, try to do some regular exercises, keep in touch with family, friends and neighbours. Remember, one phone call and a smile can make someone's day. It can be the biggest gift for someone this Christmas.

I am very sad to inform you that we have lost one of our members, Madeline D, this month. She lived independently with dignity till she passed away peacefully. We have a new member Roslyn to welcome to Linkline.

Linkline is designed to provide socialising opportunity to community members in their homes. If you know anyone who would benefit out of it please refer them to the Cottage or let me know with their consent so I can contact them. Many people do not know about the service and some, who might know about the service are unsure how it works. I would love to contact them and introduce the program to them. It can really be beneficial and a great Christmas present to someone.

Have a nice, comforting and relaxed festive season everyone.

Nasima

Donations Box

Thanks to members making use of the donation box for loose change etc. Every *little bit counts*. The total received since the last newsletter is \$7.75 which brings the total since July 2022 to;

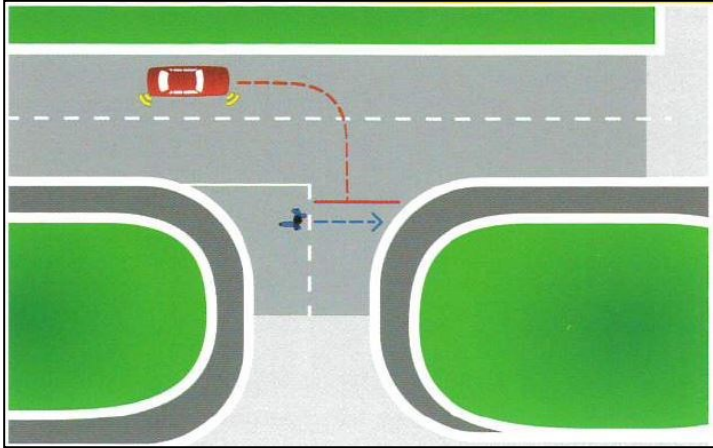
**The Donation box is located near the entrance to the activity room.
(it's the slot in the wall)**

\$191.85

From Transport Desk



Giving way to pedestrians when turning:



If a driver is turning left or right at an intersection, the driver must give way to any pedestrian crossing the road the driver is entering.

This applies to intersections with and without traffic lights. However, this rule does not apply at roundabouts.

For their own safety, pedestrians should always check their surroundings before crossing the road.

Mobile Phones:

Full licence and bicycle riders

Phone calls and audio function:

You may use a mobile phone while driving/riding to make or answer an audio call or use the audio function if:

- It is secured in a commercially manufactured and designed mounting which is fixed to the vehicle and does not obscure the driver/rider's view of the road, or
- If it can be operated by the driver/rider without touching any part of the phone, for example through the use of Bluetooth technology or voice activation



Driver's aid:

(eg navigational GPS function, Speed Advisor app)

Drivers/riders may only use the navigational or GPS function of a phone while driving/riding if the phone is secured in a fixed mounting and doesn't obscure the driver's view of the road.

All other functions:

While driving/riding, a mobile phone can not be used for anything else, including:

- Texting or audio texting
- Emailing
- Using social media
- Taking photos
- Video messaging
- Holding your phone in any way (in hand, on lap, between shoulder and ear.) Drivers are only permitted to hold a phone to pass it to a passenger.
- Drivers/riders can only use their phone for any of these functions if their vehicle is parked out of the line of traffic. These functions are not permitted when your vehicle is stopped, including waiting at traffic lights or stuck in traffic.

Learner and provisional (P1 and P2) licence holders

L Learner, P P1 and P P2 drivers and motorcycle riders are not permitted to use any function of a phone while driving/riding. This includes when waiting at traffic lights or stuck in traffic.

(Sourced from Road Safety brochure of Top 10 misunderstood road rules in NSW)

Jokes of the Month:

Eyewitness to Crime

The elderly man was an eyewitness to the car shop crime scene. When the police asked him to tell them what happened, he told them what he'd seen.

"The guy with the beer belly grabbed a wrench from

the toolbox!"

"What happened next?" the detective asked.

"Oh man, it was a gut-wrenching moment."

All the Better to Hear You With

Two older men catch up over a hot lunch at their favourite diner.

"Larry, those docs told me that my new hearing aids are the highest quality ones on the market, and they should be with how much I paid for 'em."

"I'm sure they are! Have you really had the chance to exercise their potential, yet?"

"Why on Earth would I exorcize the things? My doctor's a card-carrying Catholic."

Tune-Up

Aging is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

Fashion Comes Back Around

You know you're old when your grandkids won't stop raiding your closet because "coastal grandmother" [fashion](#) is all the rage.



Happy Birthday!

October

Members:

Penelope W
Margaret P
Russell B
Max G
Fred C
Kathleen N
Margot B
Margaret J
Henry O
Brendan D
Alfred R
Gillian R

Doris W
Robyn R

Volunteers:

Garry C
Julie O'N
David P
Robyn O

November

Members:

Gurcharan S
George C
Mary L

Geoffrey S
Bernd S
Janice B
Jeanette S
Tony F
Ethel R
Andrew P
Brian F
Andrew L
Margaret Mcl
Ian M
Ian McT
Ann P
Beverly J
Claudette A

Samir S
Robert Z
Margaret M

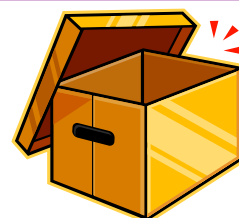
Volunteers:

Debbie S
Patricia M
Carolyn B
Peter R
William M
Katrina A

Staff:

Cia S
Natalie V
Jo-Anne F

LOST PROPERTY: If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



The Volunteers Voice

This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say



Nasima

Hello Everyone,

What a great way to end the year happily!!!!

We have had some unprecedented challenges this year and all of you have been amazingly helpful to get us through this. I



do sincerely thank you all for everything you have done and you do, on behalf of all the staff members. We were extremely delighted to have the volunteers at the Christmas party. I appreciate all the efforts you all made to be there. We enjoyed your company and had a great time!! Definitely we missed all the volunteers who were not able to be there.

The Cottage is rich with skilled volunteers from all walks of life, which enables us to provide an outstanding service and uphold our reputation. We are still looking for some new additions to our team. Please refer anyone who might be interested to have some enjoyable active time in the community. Our monthly volunteer induction will be held off until February next year, due to the festive season. We will have our next Volunteers Support Session early next year. Please put together all your feedback, ideas and suggestions so we can bring some new energy to the Cottage.

A volunteer survey has been conducted in November, which was anonymous and a quick short one to start with. We wish to continue it every year to have some insight into the current volunteering situation and ways to improve. I would like to encourage you all to bring any issues and concerns



any time you wish, not waiting for a survey or Volunteer Support session to take place. I am here to assist at any time.

I wish you all a very happy break and great time with your loved ones.

Bye until next year!!!!

Nasima.

New Volunteers

Carolyn B, Emily K, Lalit K, Carmen M



Member Update

Welcome to all our new Members

We hope you enjoy your time with us at Myrtle Cottage & make new friends

New Members:

Ben D, Melita V, Barbara B, Susan S, Helen R, Nely A, Gabor A, Charles S, Rodney C, Janice B, Julie H, Alexis T; Beryl G, James B, Youseff F, Laurice F, Anthony S, Aytekin T, Carl C, Grace F, Barbara R, Andrew S

Members that have gone into permanent care:

Wesley W

Members that have passed away:

Madeline D, Harry R

Members that are not returning:

Arlina L, Julie H, Grace F

Members that are too ill to attend:

Suzanne M

Welcome back:

Judith M

Health and Wellbeing

Protect your loved ones with a valid Will

Your Will protects the ones you love and is one of the most important documents you'll ever sign.

If something happens to you, you would want to have planned ahead to ensure your assets protect and look after those that matter most, like your family, friends or charities.

Estate planning doesn't have to be difficult. Our experienced Wills and Estate Planning consultants will help you every step of the way.

That's why the people of NSW have trusted NSW Trustee & Guardian with over one million Wills and counting.

Why make a Will with NSW Trustee & Guardian?

- **Quality:** All of our documents are prepared by professional Wills and Estate Planning consultants.
- **Full service:** You have the option of appointing us as your independent executor or attorney.
- **Safe storage:** Store your documents securely in

our WillSafe and access it anytime.

- **Easy access:** We take appointments at over 100 locations across NSW. Video conference appointments are also available.
- **Transparent pricing:** Tailored pricing to suit your personal needs. Fees are waived for customers who receive a full Centrelink age pension.

In-person and video conference appointments available

Get started now and book your appointment to prepare a Will, make a Power of Attorney and appoint an Enduring Guardian.

Phone: 1300 10 20 30

Website: www.tag.nsw.gov.au



Policy of the month

Non-Response Policy and Procedure

Objective

To ensure the safety and welfare of members attending Myrtle Cottage who does not respond when scheduled to be picked up.

Definition and scope

There is public concern that frail older people have died alone in the community and have not been found for weeks or months after they have passed away. A high portion of Myrtle Cottage members live at home alone in private dwellings. Taking appropriate and timely action when a member does not respond to a scheduled pick up may reduce the risk of adverse event or result in earlier discovery of a mishap.

Policy

In recognition of the vulnerability of members receiving services from Myrtle Cottage, procedures have been established to ensure member's safety is not neglected. While member's autonomy is to be respected at all times there can be many reasons why a scheduled pick up is missed these include:

- Member may have forgotten to notify the Cottage
- Member may have fallen, be injured or sick inside their home

Procedure

1. Driver/Bus Assistant to contact the office to check if the member has left a message regarding not attending. Office staff can check in the attendance book and check member file for case notes.
2. Ring the contact number for the member.
3. Office staff to action:
 - a. Implement members' wishes as stated in their individual Service Agreement.
 - b. Assess and direct staff/volunteer drivers action considering assistance needed, other members already on the vehicle, members to pick up and other supports that can be implemented e.g. staff member near by
 - i) If assistance is required and need to enter

the home staff/Volunteer driver and staff/volunteer bus assistance to enter house together or person entering the home rings the office and stays on the phone until they have left the premises. **NB:** When access to the home is restricted the Police are to be called.

- ii) If calling card is to be left at the door as per the Service Agreement check for other calling cards, windows and curtains closed, doors locked, newspapers and mail.
 - iii) If the member, carer and/or emergency contact cannot be contacted staff will contact the GP listed then the Police if any concerns noted.
4. 'Personal Information Update form' completed by member and/or carer annually to ensure 'Non-response' procedures are up to date.
 5. If member continually fails to answer when scheduled to be picked up Coordinator to trigger a reassessment to update individual needs, develop a 'Behaviour Plan' and/or refer to appropriate service e.g. Case Management.

Client Advisory Committee

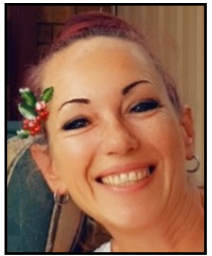
The next meeting on 8th December 2022.

Take care and hope to see you all soon

Kylie Richardson,
Assistant Manager



FROM THE KITCHEN



Jo

Greetings from the kitchen,

Wow, this year has flown by and Christmas celebrations and parties will be starting soon. I hope everyone is keeping well, and has a wonderful Christmas break.

Over the last couple of months we have enjoyed yummy BBQ lunches, some exciting outings and we held the Bell Carers BBQ lunch at Mount Annan Botanical gardens.

We welcome Carmen to our busy kitchen team, who are always working hard to bring some lovely Morning Teas and Desserts for all. You are all appreciated so very much.

I had a suggestion from a couple of members to include a recipe that was enjoyed as a Morning Tea, which is easy to put together with only a few ingredients. It is also a great one to get the kids or Grandkids involved.

By Jo M

PINEAPPLE BALLS

Ingredients:

1 packet sweet biscuits crushed (Arrowroot or Marie)

1 can crushed pineapple

1 cup desiccated coconut

1 can sweetened condensed milk

Extra coconut to roll.

Method:

1. Mix all ingredients together in a bowl, and roll into small balls
2. Roll the balls in coconut to coat, then refrigerate.

For a different treat, you can substitute the pineapple for canned Apricots or a ¼ cup of Milo.

ENJOY!

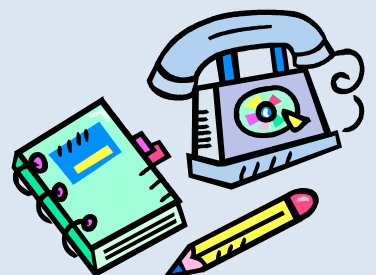
**be kind be brave be honest be creative
be humble be thankful be happy be you!!**

Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside the Cottage.

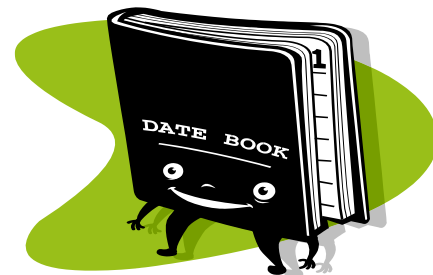
With your permission we can try to contact the person and give them your contact details.



Important Dates to Put In Your Diary

03/12/22: International Day of People with Disabilities
06/12/22: Client Advisory Committee Meeting 10.00 am
08/12/22: Happy Feet Project Day - Podiatry
10/12/22 (Sat): Bell Carers' Christmas Party
12 – 16/12/22: Daily Christmas Parties
21/12/22: School Holidays Term 4 start
21/12/22: Members' last day for the year
22/12/22: Clean up and staff last day
03/01/23 (Tue): First day back
26/01/23: Australia Day Holiday
01 - 12/02/23: Seniors Week
14/02/23: Volunteer Induction 10.30 am
16/02/23: Happy Feet Project Day - Podiatry
28/02/23: Staff Training Day – Cottage Closed
09/03/23: Client Advisory Committee Meeting 10.00 am
14/03/23: Volunteer Induction 10.30 am
23/03/23: Happy Feet Project Day - Podiatry
07/04 – 21/04/23: School Holidays Term 1
07/04 – 10/04/23: Easter Break
07/04/23: Good Friday Holiday
08/04/23: Holy Saturday
09/04/23: Easter Sunday
10/04/23: Easter Monday
11/04/23: Volunteer Induction 10.30 am
25/04/23: Anzac Day Holiday
27/04/23: Happy Feet Project Day - Podiatry
09/05/23: Volunteer Induction 10.30 am
15 -21/05/23: National Volunteers Week
01/06/23: Happy Feet Project Day - Podiatry
08/06/23: Client Advisory Committee Meeting 10.00 am

12/06/23: King's Birthday Holiday
13/06/23: Volunteer Induction
03/07 – 14/07/23: School Holidays Term 2
06/07/23: Happy Feet Project Day - Podiatry
11/07/23: Volunteer Induction 10.30 am
08/08/23: Volunteer Induction 10.30 am
10/08/23: Happy Feet Project Day - Podiatry
24/08/23: Training Day – Cottage closed
12/09/23: Volunteer Induction 10.30 am
14/09/23: Happy Feet Project Day - Podiatry
14/09/23: Client Advisory Committee Meeting 10.00 am
25/09 – 06/10/23: School Holidays Term 3
02/10/23: Labour Day Holiday
10/10/23: Volunteer Induction 10.30 am
19/10/23: Happy Feet Project Day - Podiatry
14/11/23: Volunteer Induction 10.30 am
16/11/23 (Thu): AGM – 2-4 pm
23/11/23: Happy Feet Project Day - Podiatry
24/11/23 (Fri): Volunteer Christmas Party - PM
03/12/23: International Day of People with Disabilities
07/12/23: Client Advisory Committee Meeting 10.00 am
09/12/23 (Sat): Bell Carers' Christmas Party
11 – 15/12/23: Daily Christmas Parties
20/12/23: School Holidays Term 4 start
20/12/23: Members' last day for the year – all programs
21/12/23: Clean up and staff last day
02/01/24: First day back



Myrtle Cottage would like to thank the following for their generous support:
Ingleburn RSL Club Ingleburn Rotary Club Ingleburn Lions Club
Ingleburn Quota Club

Happy Feet



Sarah & Rebecca

Hi All

I hope everyone is doing good. Its been a good year and Podiatry is going well this year even with the few remaining sessions. It has also been really busy this year so that is great to see.

Once again just to let everyone know if you are interested in joining this service do not hesitate to contact Sarah or Rebecca and one of them will give you an information pack to take to your G.P. If you are unable to get there you can pay directly \$56 on the day and transport can be arranged if needed.

I would like to thank everyone that helps out on the day. The help is very appreciated with a special mention for Sarah W who has worked tirelessly getting everyone organised on the day.



Please note that we have 1 more session for 2022 on the 8th December. This will be the last one for 2022. We will do our best to accommodate as many people as we can. We thank you for your patience and understanding during this time.

Please find the dates for the next Podiatry Days.

Rebecca / Sarah

Thursday 16th February 2023

Thursday 23rd March 2023

Thursday 27th April 2023

Thursday 1st June 2023

Thursday 6th July 2023

Thursday 10th August 2023

Thursday 14th September 2023

Thursday 19th October 2023

Thursday 23rd November 2023

Live every moment,
Laugh every day,
Love beyond words.

Worlds of Fun

F	E	N	O	O	S	N	O	M	C	P	P	E	U	W	C	H	T	P	P
R	S	R	P	T	Z	O	Z	G	O	P	Y	Y	K	O	A	I	Y	O	U
W	U	W	W	D	L	I	Y	G	J	K	X	P	M	X	R	Q	R	F	R
S	T	E	E	L	H	A	W	K	J	T	Y	O	M	M	N	J	E	B	I
K	N	J	Y	C	S	N	U	J	W	G	G	O	X	W	I	V	L	O	P
V	Q	O	U	A	D	Q	G	E	Y	I	N	N	F	K	V	E	Z	Q	C
S	K	P	G	O	W	L	S	N	C	O	N	S	G	R	A	P	O	T	O
I	S	R	Z	A	M	E	T	B	F	Z	N	T	M	A	L	E	O	Z	R
B	B	E	Q	D	R	A	C	Z	A	W	Y	E	E	P	E	I	B	R	D
O	R	L	L	Y	E	D	M	A	B	M	I	N	U	R	E	X	M	R	W
O	D	B	Y	F	L	I	G	B	R	K	A	A	S	E	F	Z	A	G	Y
M	J	M	B	R	W	J	S	N	A	E	F	L	D	T	X	E	B	P	H
E	R	A	H	N	O	H	V	B	I	A	D	P	W	A	M	I	S	A	F
R	Z	R	A	F	R	T	V	V	T	N	Y	I	F	W	F	V	G	T	M
A	U	C	R	H	P	N	D	E	T	O	N	A	T	O	R	H	V	R	H
N	L	S	S	K	Y	L	I	N	E	R	B	I	F	P	Q	V	E	I	O
G	U	L	L	E	S	U	O	R	R	A	C	S	P	K	I	R	I	O	A
U	Q	W	U	K	C	P	X	J	G	S	S	R	F	S	M	R	S	T	U
U	P	U	W	C	I	I	Z	E	I	R	Z	Y	N	K	H	A	L	H	S
M	T	I	M	B	E	R	W	O	L	F	R	Q	M	Y	J	Y	K	G	E

MAMBA

SPINNINGDRAGONS

MONSOON

PLANETSNOOPY

PROWLER

CARNIVALE

SKYLINER

DETONATOR

RIPTIDERACEWAY

BOOMERANG

ZULU

RIPCORD

CARROUSEL

PATRIOT

WATERPARK

STEELHAWK

SCRAMBLER

BAMBOOZLER

TIMBERWOLF

WINTERFEST